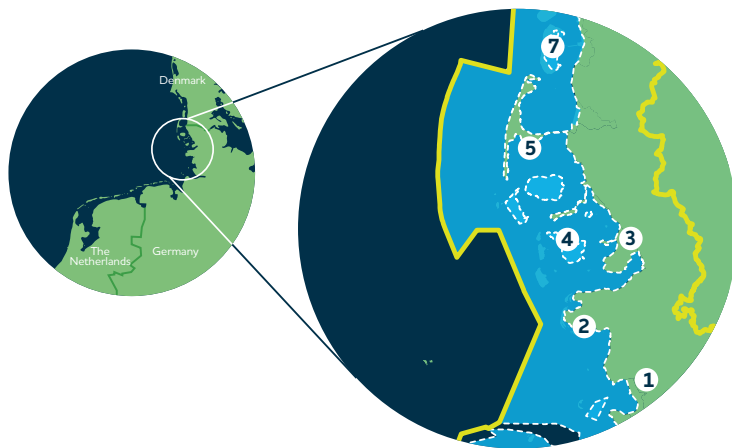


Experience the Wadden Sea World Heritage in Schleswig-Holstein

The largest National Park within the Wadden Sea World Heritage with endless beaches, varied islands, unique 'Halligen' and a manifold coastline rich in birds and wildlife stretching as far as the eye can see.



DAY 1 Dithmarschen

Discover fertile marshland and vast polders behind the green dikes and salt marshes along the Dithmarschen coast north of the Elbe estuary.

The salt marshes seawards of the dikes attract large flocks of waders, geese and ducks. The European sea eagle puts in a rare appearance, but can be spotted for much of the year in the polder area Dithmarscher Speicherkoog.

Visit the NABU-National Park-House Wattwurm – its architecture is reminiscent of a lugworm. It is located in the middle of the Speicherkoog (an embanked area), surrounded by wild ponies and numerous birds. The interactive exhibition tells you all about the area's natural features and history.

The Wadden Sea is home to a huge variety of species – up in the air, on the ground and underwater. Let a National Park Guide show you the Small, Big and Flying Five of the Wadden Sea in their natural habitats. At the 'Seehundstation Friedrichskoog' you can meet harbour seals and grey seals – eye to eye! The seal centre will enlighten you about marine mammals in the Wadden Sea, their biology, endangered status and protective measures.

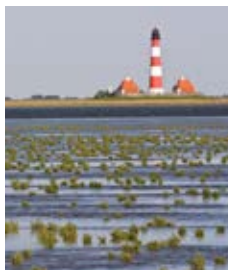


DAY 2 St. Peter-Ording & Eiderstedt

The expansive sandbanks of St. Peter-Ording and Westerhever at the tip of the Eiderstedt peninsula change with each tide and invite you to discover the dynamics of the Wadden Sea. Observe this constant motion of the sea on the spot along the beaches, dunes and salt marshes. Young dunes can gain up to one metre in height in a single day!

It's not just on a rainy day that a visit of the main National Park visitor centre 'Multimar Wattforum' in Tönning is highly recommended. The Wadden Sea, World Heritage and whales are key themes of the interactive exhibition, with dozens of fascinating aquariums.

The green marshlands of the Eiderstedt peninsula have attracted and inspired many painters. Open artists' studios and small galleries can be found all over the place. All along the Schleswig-Holstein Wadden Sea coast there are thatched Frisian houses, historical harbours and picturesque lighthouses, the one in Westerhever being the most popular.



DAY 3 Nordfriesland and Husum Bay

Meet marine animals in their natural habitat!

Guided boat trips with catch-and-release fishing or seal spotting tours will take you out to the sandbanks where dozens of harbour seals are resting. Boat trips with National Park partners start from various ports, such as Dagebüll, Schlüttsiel and Strucklahnungshörn.

One of the most popular and classic outdoor activities in the Schleswig-Holstein Wadden Sea is a guided tour on the mudflats at low tide. Let a National Park Guide take you on a walk on the seabed and have your toes slide into the soft mud of the North Sea – it can be both exhilarating and health-enhancing!

DAY 4 Halligen

Explore these extraordinary islets, which are unique to the North Sea coast of Schleswig-Holstein.

Tiny patches of land amidst a restless sea, continuously struggling against the forces of the elements. The extensive salt marshes of the Halligen provide ideal nesting and roosting grounds for numerous waders and waterbirds.

Board a 'Hallig-Törn', or a boat cruise to one of the inhabited Halligen, or explore the absolute outposts of the National Park, the tiny Halligen Süderoog and Südfall, with a guided mud flat walking tour starting from Pellworm or Nordstrand.

If you want to see a new island taking shape, book an extraordinary walking tour to the vast sandbank 'Japsand' starting on Hallig Hooge.

DAY 5+6 Islands

Wide beaches, scenic dune belts, colourful cliffs and green marshes – the islands of Sylt, Amrum, Föhr and Pellworm each offer characteristic sights of different fascinating landscapes. A visit to them will let you discover a dynamic nature, an extensive ecosystem and a lively local culture.

Explore the 'Kniesand' of Amrum: 12 km of glorious fine, white sand. Follow nature trails through the dunes with information signboards starting in Norddorf and Wittdün on Amrum.

Pay a visit to Sylt, where the Hörnum Odde and the Red Cliff of Kampen have high geological dynamics to watch the coast take shape.

The visitor center 'Erlebniszentrum Naturgewalten' in List/Sylt shows you the diversity, beauty and dynamics of the sea and the coast. You can experience the forces of nature and learn about coastal defence in Schleswig-Holstein.



DAY 7 Take a trip across the border

ONE Wadden Sea, ONE Global Heritage.

Continue your journey of Wadden Sea World Heritage experiences with a visit to Denmark, where you can see for yourself that the Wadden Sea World Heritage is an inseparable ecosystem that knows no borders.

From List/Sylt you can take a ferry to spend a whole day in Denmark. Rømø boasts no less than five dune ridges, testifying that the island is constantly growing to the west. And make time to visit Sønderstrand. Up to 3km wide, it is one of Northern Europe's widest beaches.

